

Core brief

Daily update
(10 August 2021, 2.20pm)

Topics in this Core Brief:

- Mental Health Check In
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- Message from Health and Safety: Social Distancing competition

Mental Health
Check In



The Mental Health Check In is now open.

All staff are being asked to please complete the online questionnaire, even if you filled it in previously and even if you currently feel well. Sometimes people may be experiencing or about to experience mental well-being issues unexpectedly and early intervention may help to resolve any potential or emerging worries or anxieties before they become more difficult to work through.

More information is available on the [Mental Health Check In website](#) where you will also find a FAQ page. You can also scan the QR code above, which will take you direct to the online information.

active >> staff

We all need some spiritual wellbeing and laughter in our lives, right?

Active Staff has introduced a new activity to your programme. Live over Microsoft Teams, starting on Thursday 19 August 2021, for a six week period, you can get involved with our 'Laughter Yoga.'

Laughter Yoga is an activity that can be enjoyed by anyone, regardless of your personal situation. It does not depend on your fitness levels or your mobility.



Our bodies don't know the difference between fake and real laughter. Combine this with Yogic breathing, our bodies are given the opportunity to feel more energetic, healthy and reap the psychological and physiological benefits. By the end of the session you will feel refreshed and happy.

You can read more about the [benefits](#) of Laughter Yoga and to book any of our activities by visiting our [website](#).

For further information please contact: ActiveStaff.Legacy2014@ggc.scot.nhs.uk

Mental Health in the Workplace: a guide for manager's webinar

This free webinar is aimed at line managers, team leaders and supervisors working within NHS Greater Glasgow and Clyde settings.

This webinar is designed to help managers support and maintain good mental health and wellbeing for staff, particularly in relation to COVID-19 experiences.

The webinar will take place on 7 September from 2pm - 4pm.

Please sign up via Eventbrite: <https://www.eventbrite.co.uk/e/mental-health-in-the-workplace-a-guide-for-managers-tickets-162563573023>



NHS
Greater Glasgow
and Clyde

Social Distancing – Staff Competition

With life beginning to return to what feels like a level of normality - schools back, shops open and children out playing - the Social Distancing Communications Group thought it would be a nice idea to have a competition and get our staff's children and grandchildren involved!

We would like to ask your children and grandchildren, to draw a picture of their best memory from lock down, whether it is home schooling, spending more time with family, playing with their pet... or their computer game!

These drawings will not only be unique memories for your children and grandchildren but also an important reminder to us all about the importance of continuing to social distance even when things appear to be more normal around us.

Rules for entry:

- Ensure only NHS GGC staff are involved.

Submitting entries:

Please email a copy of your drawings to the following email address: SDCommsGroup@ggc.scot.nhs.uk

Include the following information within the submission:

- Name role and location of the person submitting the drawing and the name and age of the artist

If you do not have access to IT please ask your line manager to submit on your behalf. The closing date for entries is the 16th August 2021.

The Social Distancing Communications Group will review the entries on receipt and all entries will be submitted for a prize draw.

Good luck and happy Social Distancing!

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Social distancing is everyone's responsibility

Remember 2m distancing includes breaks and lunchtimes



Please keep up-to-date with the latest guidance on our dedicated web pages at: www.nhsggc.org.uk/covid19. If you have any questions about the current situation please check the [FAQs](#) first. If you have any further questions, please email: staff.covid19@ggc.scot.nhs.uk

Staff are reminded to make sure their [personal contact details are up to date on eESS](#).

It is important to share Core Brief with colleagues who do not have access to a computer.
A full archive of printable PDFs are available on [StaffNet](#)